

ABSTRACT OF THE DISCLOSURE

The invention relates to a A vehicle seat with a back rest, ~~and in particular~~ a height-adjustable head restraint which has with a head cushion, and [[with]] a heating device for heating the neck and head region of a seat [[user]] occupant with hot air. The heating device ,which has an air-guiding duct which that is arranged in the head cushion and has a hot air outlet opening. To improve the sensation of warm coziness in the neck and head region of seat users even of differing body size, the hot air outlet opening is arranged and on the lower side of the head cushion. The ,and the intermediate space between the lower side of the head cushion and the upper side of the back rest is shielded to the rear by means of a covering.

(Figure 1)